

## YOUTH SWIM TEAM (ages 6-17)

Youth Swim Team is a recreational swim organization for youth 6-17 years old, which offers a quality, safe program that is committed to introducing and developing basic competitive swim skills while promoting fun and team spirit. Swimmers participate in swim meet competitions with other City of San Diego swimming pools. **Prerequisite:** Completion of Competitive Skills course or Pool Manager's approval.

**WHITE LEVEL**  
Mon-Thurs  
5:00pm-6:15pm

**SILVER LEVEL**  
Mon-Thurs  
6:15pm-7:30pm

**\$38.00/Month**

(Fees are due at the beginning of each month)

**No Practice: July 4, & September 5**



## YOUTH WATER POLO (ages 9- 17)

Participants are introduced to basic water polo skills with an emphasis on teamwork, fun, and sportsmanship. Participants must be able to swim 200 yards continuously and tread water for one minute. Games are held on Saturdays.

**Tues/Thurs**  
**3:30pm-5:00pm**

**\$27.00/Month**

(Fees are due at the beginning of each month)



## WATER FITNESS

**Aquatic Body Conditioning (ABC)** - A total body conditioning class; Multi-level, low impact, cardio respiratory workout held in shallow water. Flexibility, muscular strength and endurance are emphasized. Participants do not need to know how to swim.

**Adults/Seniors**  
**\$3.50/class**  
**DISCOUNT PASS**  
**\$30.00/10 Classes**

**Tues/Thurs**  
**6:00pm-7:00pm**

## RENTALS:

All City Pools are available to rent for exclusive or shared use. For more information, please contact the Pool Manager.

## SAFETY CHECKS:

There may be ten-minute safety checks conducted every half hour or every hour during Recreational Swim hours.

## EMERGENCY TESTING:

All City pool personnel are subject to emergency testing at any time. Patron patience and cooperation during these drills are greatly appreciated.

## VOLUNTEERS NEEDED!

Ongoing opportunities are available at the recreation centers, pool and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, contact the Volunteer Office at (619)533-4017 or visit

<http://www.sandiego.gov/park-and-recreation/general-info/employment/volunteer/index.shtml>

## DONATIONS:

By donating to our park system, you can help the park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call David Monroe, Deputy Director, CPII Division, (619)525-8235.

As a recipient of federal funds, the city of San Diego cannot discriminate against anyone on the basis of race, color, creed, sex, age, national origin or ancestry, religion, pregnancy, physical or mental disability, veteran status, marital status, medical condition, gender (transsexual and transgender), sexual orientation, as well as any other category protected by federal, state or local laws. If anyone believes, he or she has been discriminated against, he or she may file a complaint alleging the discrimination with the City of San Diego Park and Recreation Department (contact Deputy Director (619) 525-8235) or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240. This information is available in alternative formats upon request.

**SD** Park & Recreation



## Lap and Recreational Swim

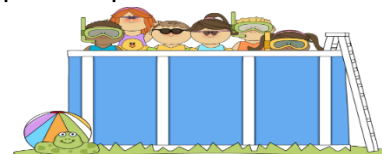
Mon-Thurs 12:00pm-3:30pm

Fri/Sat/Sun 12:00pm-4:00pm

**Limited lap lanes available; shallow end only; sharing is required and appreciated.**

## July 4 & September 5

12:00pm-4:00pm



- Passes expire one year from the date of issue and can be used at any City Pool.
- All persons entering the facility during Recreation and Lap Swim times MUST pay the admission fee and wear proper swim attire at all times. No re-entry is allowed.
- Specific lanes/areas will be designated for Lap & Recreational swimming, however, the pool may be utilized for other programs during designated Lap/Recreational swim times.
- A paying parent or responsible adult in a swimsuit must accompany children under 7 years of age or less than four feet tall. While in the water, a parent or responsible adult must remain within arm's reach of the child.
- The City of San Diego Swimming Pools may close without notice during inclement weather conditions.

**All City of San Diego Parks, Pools and Beaches are Smoke Free**

**All Aquatic Programs, Schedules and Fees may change due to enrollment and/or be cancelled**

# Colina Del Sol Pool

4150 54<sup>th</sup> Place San Diego CA 92115

(619)235-1147 • [www.sandiego.gov](http://www.sandiego.gov)

**SUMMER**  
**June 25 - August 28, 2016**

## Facility Admissions

Child/Disabled/Senior \$2.00  
Adults (16 & older) \$4.00

## Discount Passes

Adults (16 & older) \$30.00 / 10 swims  
\$85.00 / 30 swims  
Child/Disabled/Senior \$15.00 / 10 swims  
\$40.00 / 30 swims



## BLOCK the BLAZE!

5 sun safe tips to Block the Blaze  
Apply Sunscreen ♦ Put on a Hat  
Wear Sunglasses ♦ Cover with Clothing  
Seek Shade

**John Wayne Cancer Foundation will be visiting pools August 15-27**

## Parent and Tot Workshop

Saturday, August 13  
10:00am-12:00pm FREE

## Sunday Fun Days

Fun Activities ♦ Music ♦ Food  
Sundays 12:00-4:00pm  
July 10-September 11  
Facility Admission  
Contact Staff for more info

## SWIMMING LESSONS

### ON LINE REGISTRATION

Online and Walk-in registration opens at **12:00 p.m.** on the registration dates listed by session dates. **To view class times and availability log on to online registration site.**

Go to [SDRecConnect](#) to create an account, register for a class or to view class schedules. After creating an account for yourself, add your family members. **Pool staff is available to provide assistance with all on-line and walk-in registration concerns.**

### LESSON FEES

Large Group	\$54.00
*Small Group	\$81.00
Semi-Private	\$151.00 (5/30 min. classes)
Private	\$181.00 (5/30 min. classes)



### Parents:

- An appropriate swimsuit is required at all times. Swim diapers are required for children under 4 years old regardless of toilet training.
- If you have a child under the age of 7, a parent or responsible adult must remain in the spectator area at all times during Swimming Lessons and Swim Team Programs.
- Unprotected skin can burn FAST! Apply sunscreen with SPF 30 (or above) 30 minutes before going outside.

### REFUND

#### CLASS CANCELLATION POLICY

There are **NO REFUNDS**. Full refunds will only be granted only if class is cancelled by the Pool Manager.

Aquatic Programs are run assuming minimum numbers are met. If registration does not meet the stated minimum, the program will be cancelled. In this case, you will be notified and staff will try to find another class that will meet your needs or you will receive a **FULL REFUND**.

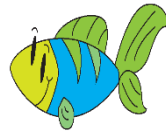
## SESSION AND REGISTRATION DATES

Session Dates	Registration Dates
Session 1 June 27-July 8	Saturday, June 11
Session 2 July 11-21	Saturday, July 9
Session 3 July 25-Aug 4	Saturday, July 23
Session 4 Aug 8-18	Saturday, August 6
*Session 5 Aug 22-Sept. 1	Saturday, August 20

**Registration opens at 12:00 pm (noon)  
Mon-Thurs (2-weeks) 8/40 min. lessons  
No classes on Monday, July 4**

### SESSION TIMES

Afternoon	3:45	4:30	5:15	6:00
-----------	------	------	------	------



### IMPORTANT INFORMATION REGARDING LESSON REGISTRATION

***Please read before you register for any swim lessons.***

All pools will have new requirements for swim lesson registration. **Prior to registering**, all returning participants will need to confirm with pool staff to ensure the correct prerequisite skills are listed on their [SDRecConnect](#) account. Otherwise Activenet will not allow you to register for any upper level lessons.

If this is the first time registering for lessons with the City of San Diego you will need to contact pool staff to schedule a participant assessment and help create an [SDRecConnect](#) account.

**Participants must be evaluated by staff prior to registration.**

## ADAPTIVE AQUATICS

Our goal is to teach confidence and water safety skill to each participant within a positive, happy and safe environment. We are here to provide instructional classes designed for individuals with disabilities, ages four and older, by teaching each student based on their abilities; and when possible, transition participants into regularly scheduled group lessons. As part of the transition process, the aquatics department also offers inclusion support for those who are able to participate in the regular scheduled group lessons. **Please contact the following pools for more information.**

CITY HEIGHTS  
(619)641-6126

MEMORIAL PARK  
(619)235-1139

VISTA TERRACE  
(619)424-0469

NED BAUMER  
(858)538-8083

KEARNY MESA  
(858)573-1389

CARMEL VALLEY  
(858)552-1623

MARTIN LUTHER KING, JR.  
(619)527-3451

**Classes are conducted on Saturdays  
Cost: \$54.00 for 8/30 minute lessons.**

### KEEPING THE POOLS CLEAN & OPEN

- Please take a thorough shower before entering the water.
- When the pool is contaminated with fecal matter, the pool must close.
- Take your children on restroom breaks and check diapers often. Waiting to hear "I have to go" may mean that it's too late.
- An appropriate swimsuit is required at all times. Swim diapers are required for children under 4 years old regardless of toilet training.
- Change swim diapers in the restroom or a diaper changing area; **not in the pool area**. Germs can be spread in and around the pool.
- After using the restroom, thoroughly cleanse (especially the diaper area) with soap and water before swimming. Invisible amounts of fecal matter can be spread into the pool.
- Patrons are not permitted to swim in the pool if they are suffering from an illness that causes diarrhea or have had diarrhea in the past two weeks. You can spread germs in the water and make other people sick.

## CITYWIDE EVENTS/PROGRAMS

### Parks Fit San Diego 2016

**Challenge:** Walk, Run, Roll or Swim

30 miles between: June 18 and August 13

**Reward:** Get fit, stay healthy & receive a Parks Fit SD t-shirt.

Join this year's Parks Fit San Diego program by visiting any City of San Diego Park and Recreation facility (recreation center, pool, nature center, activity center or golf course) for a quick and easy enrollment process. Choose one activity or mix it up. Track your miles and turn them in by the due date for your Parks Fit SD t-shirt!

**Kickoff event:** 1 mile Fun Run & Market in the Park

Saturday, June 18, 2016 at 8:00am

Morley Field, 2221 Morley Field Drive, San Diego 92104

**Finale Event - 5K Run/Walk & Family Celebration**

Saturday, August 13, 2016 at 7:30am

NTC Park, 2455 Cushing Road, San Diego 92106

For more information: [www.sandiego.gov/park-and-recreation](http://www.sandiego.gov/park-and-recreation)

Proudly Presented by:



### Parent and Tot Workshops

The City of San Diego is offering a FREE day to promote Water Safety Education for Parents and their Toddlers under 4 years of age.

**Saturday 10:00am -12:00pm**

**City Heights Swim Center**

**July 2**

**Martin Luther King, Jr. Pool**

**July 23**

**Colina Del Sol Pool**

**Aug 13**

**Memorial Park Pool**

**Aug 20**

**Vista Terrace Pool**

**Sept. 10**

**Kearny Mesa Pool**

**Sept. 24**

PARENTS AND TODDLERS ARE REQUIRED TO BE IN PROPER SWIM ATTIRE SWIM DIAPERS ARE REQUIRED FOR ALL TODDLERS, SWIM DIAPERS WILL BE PROVIDED

### Sunday Fun Days: July 10-September 11

Stay cool at the pool grab your swimsuit and sunscreen and join us every Sunday starting July 10 to September 11. Fun Activities, Music and Food.

**Come join in the fun at the following locations**

**Colina Del Sol Pool**  
(619)235-1147

**Martin Luther King, Jr. Pool**  
(619)527-3451

**Vista Terrace Pool**  
(619)424-0469